



The Commonwealth of Massachusetts
Executive Office of Public Safety and Security

PAROLE BOARD

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RECORD OF DECISION

IN THE MATTER OF

KATHERINE MCGLINCY

AKA KATHERINE DICKSON

F36166

TYPE OF HEARING: Review Hearing

DATE OF HEARING: March 26, 2026

DATE OF DECISION: September 10, 2026

PARTICIPATING BOARD MEMBERS: Edith J. Alexander, Dr. Charlene Bonner, Sarah B. Coughlin, Angelo Gomez Jr., James Kelcourse, Rafael Ortiz

VOTE: Parole is granted to a Long-Term Residential Program which meets mental health and substance misuse needs, 45 days from the date of the decision.

PROCEDURAL HISTORY: On September 1, 1994, in Plymouth Superior court, Katherine McGlincy pleaded guilty to murder in the second-degree for the deaths of Eero and Lillian Helin. She was sentenced to two concurrent terms of life in prison with the possibility of parole. On that same date, Ms. McGlincy also pleaded guilty to unlawfully carrying a firearm and armed assault with intent to murder Mark Walther. She was sentenced to a concurrent term of 3 to 5 years in state prison and a consecutive term of 5 to 10 years in state prison to run from and after the life sentences, respectively. Parole was denied after an initial hearing in 2008, and after review hearings in 2011, 2016, 2021, and 2025.

On March 26, 2026, Ms. McGlincy appeared before the Board for a review hearing. She was represented by Attorney John Cunha. The Board's decision fully incorporates by reference the entire video recording of Ms. McGlincy's March 26, 2026, hearing.

STATEMENT OF THE CASE: On December 3, 1992, 40-year-old Katherine McGlincy robbed and murdered Eero Helin, age 72, and Lillian Helin, age 65, in the couple's home in Pembroke. The bodies of Mr. and Mrs. Helin were discovered on December 10, 1992. Ms. McGlincy had a long

history of substance abuse and criminal activity. She was smoking crack cocaine at the house she shared with her father on the day of the murders. In order to buy more drugs, Ms. McGlincy decided to rob an elderly couple who lived nearby. Armed with a handgun, she knocked on the Helin's door and was allowed in by Mrs. Helin. Displaying the gun, Ms. McGlincy demanded money. Mrs. Helin gathered money from various places in the house and turned it over to Ms. McGlincy. Ms. McGlincy then forced Mrs. Helin to lie face down on the floor and fatally shot her three times in the back. Ms. McGlincy then went upstairs to Mr. Helin's bedroom. Mr. Helin suffered from Parkinson's disease and had limited mobility and strength. Mr. Helin died from suffocation. Ms. McGlincy has never provided a credible account of how she killed him.

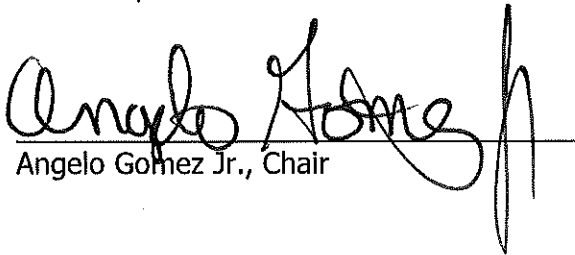
The murders were not solved immediately, and Ms. McGlincy committed another violent crime six weeks later. While hitchhiking, she had been given a ride by Mark Walther. Ms. McGlincy shot him multiple times and then stole his car. Mr. Walther survived, and Ms. McGlincy was apprehended at a roadblock that day. A .22 caliber gun was recovered from Ms. McGlincy; ballistics analysis revealed it to be the weapon used to murder Mrs. Helin. When police interviewed Ms. McGlincy, she admitted to entering the Helin residence with a gun. However, she said that she had no memory of shooting Mrs. Helin. Although she remembered seeing Mr. Helin in bed, she had no memory of harming him.

APPLICABLE STANDARD: Parole “[p]ermits shall be granted only if the Board is of the opinion, after consideration of a risk and needs assessment, that there is a reasonable probability that, if the prisoner is released with appropriate conditions and community supervision, the prisoner will live and remain at liberty without violating the law and that release is not incompatible with the welfare of society.” M.G.L. c. 127, § 130. In making this determination, the Board takes into consideration an inmate’s institutional behavior, their participation in available work, educational, and treatment programs during the period of incarceration, and whether risk reduction programs could effectively minimize the inmate’s risk of recidivism. M.G.L. c. 127, § 130. The Board also considers all relevant facts, including the nature of the underlying offense, the age of the inmate at the time of the offense, the criminal record, the institutional record, the inmate’s testimony at the hearing, and the views of the public as expressed at the hearing and/or in written submissions to the Board.

DECISION OF THE BOARD: This is Ms. McGlincy’s sixth appearance before the Board. She is 74 years old. After her last hearing, the Board expressed concerns regarding Ms. McGlincy’s re-entry plan and how to support her need areas including substance misuse and mental health. The Board finds Ms. McGlincy has come before the Board now with a comprehensive re-entry plan and presents with community supports for her needs. The Board considered the forensic evaluation of Dr. Galvin. The Board reviewed Ms. McGlincy’s institutional behavior over the past 34 years of incarceration. Ms. McGlincy reports that she has been for over 32 years and has been medication compliant for approximately 20 years. The Board finds that, with appropriate conditions, she meets the legal standard for parole. The Board concludes by unanimous decision that Katherine McGlincy has demonstrated a level of rehabilitation that would make her release compatible with the welfare of society. The Board considered testimony in opposition to parole from two of the victims’ family members, and Plymouth County Assistant District Attorney Elizabeth Mello.

SPECIAL CONDITIONS: Waive work for program; Must be home between 10 PM and 6 AM for 6 months but release for medical, legal, religious or work; Electronic monitoring for 6 months; Supervise for drugs, testing in accordance with Agency policy; Weekly toxicology for first 90 days & case conference at first sign of relapse; Supervise for liquor abstinence, Testing in accordance with Agency policy; Report to assigned MA Parole Office on day of release; No contact with victim's family; No contact with victim(s); Must have mental health counseling for PTSD, Bi-Polar, Relapse Prevention; Long Term Residential Program.

I certify that this is the decision and reasons of the Massachusetts Parole Board regarding the above-referenced hearing. Pursuant to G.L. c. 127, § 130, I further certify that all voting Board Members have reviewed the applicant's entire criminal record. This signature does not indicate authorship of the decision.


Angelo Gomez Jr., Chair

September 10, 2026
Date